

Bookmarks

12 Steps
To A Good Life



The Hero's Journey
Through
Knowledge and Wisdom

Photo by Simon Matzinger from Pexels



The Journey Begins
Step 1: Life is unmanageable.

Threshold
Step 2: Be open to a Higher Power.
Step 3: Rely on my Higher Power.

Challenge
Step 4: Take a personal inventory.
Step 5: Admit what I found.

Revelation
Step 6: Be ready to change.

Transformation
Step 7: Humbly ask for change.

Atonement
8. List the harm I caused.
9. Make amends where possible.

Return home
Step 10: Continue my inventory.
Step 11: Pray and meditate for guidance.
Step 12: Make the world better.

The 12 Steps to a Good Life and the Hero's Journey



All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage.

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.

- The Buddha

Buddha clipart public domain

The ABCDE Process

Activating Situation: What is the situation? Who am I with? Where am I? What am I doing?



Beliefs & Thoughts: What was the belief or thought triggered by this situation?



Consequences: How did I feel? What was my behavior?



Dispute: Is this thought true? What is my proof that this is true?



Effect: How do I feel now? What are my new thoughts? Has my behavior changed?

See Mind, Thinking for Life



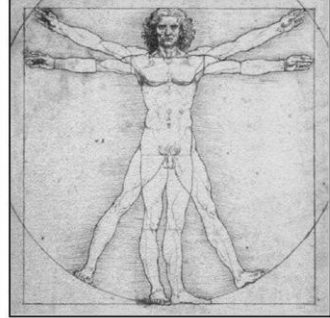
RaDaR

Reflect: The first step is to pause and notice what is happening within you. Reflection means asking, "What am I feeling right now?" and "What story am I telling myself about this moment or this person?"

Describe: Once you are aware of what is going on inside, put it into words. You can describe it silently to yourself, write it down, or share it aloud with someone you trust.

Respond: After you reflect and describe, you can choose your response rather than be driven by old habits. You might set a boundary, express empathy, ask for what you need, or simply let go.

Photo by Adam Kontor from Pexels (Modified)



4-7-8 Breathing

Developed by Dr. Andrew Weil and based on ancient yogic practice:

1. Sit or lie comfortably with your back straight. Empty your lungs.
2. Inhale through your nose for a count of four.
3. Hold your breath for a count of seven.
4. Exhale through your mouth for a count of eight.

Try to practice at least twice a day, especially when you feel stressed. Begin with four repetitions and you can work your way up to eight.

Experiment with changing the timing on your breath for best results.

Illustration: Vitruvian Man



Prayers

Serenity Prayer: God, grant me the serenity to accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference.

Lord's Prayer: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory forever. Amen

Prayer of St. Francis: Lord, make me an instrument of your peace. Where there is hatred, let me bring love. Where there is offence, let me bring pardon. Where there is discord, let me bring union. Where there is error, let me bring truth. Where there is doubt, let me bring faith. Where there is despair, let me bring hope. Where there is darkness, let me bring your light. Where there is sadness, let me bring joy. O Master, let me not seek as much to be consoled as to console, to be understood as to understand, to be loved as to love, for it is in giving that one receives, it is in self-forgetting that one finds, it is in pardoning that one is pardoned, it is in dying that one is raised to eternal life. Amen.

Illustration: clipart.co

Simple Ethics

1. Am I trying to satisfy my needs: Physical, Safety, Belonging and Love, Esteem, Self-Fulfillment?
2. Am I motivated by ego: Self-esteem, pride, ambition, security, personal relations, sex relations, control, finances?
3. Does it break any laws or rules?
4. Would there be any negative consequences if I were caught or discovered?
5. Would anyone find it unfair, hurtful, embarrassing, or unpleasant?
6. Would I keep it secret from my partner, family, or friends (other than normal matters of privacy)?
7. Is it something I wouldn't like someone to do to me?
8. Would I feel guilty or bad about myself afterward?
9. Does it do the greatest good for everyone concerned?
10. Am I obligated to do or not do some specific action?
11. Would a virtuous person do it?
12. Does it make the world better?
13. What is my payoff?
14. What is the next right thing?



Scale: free.clipartof.com

Forgiveness

Forgiveness does not ask "what if...?" or "why?". It does not rationalize or compare the depth of wounds. There are no degrees of forgiveness. It does not negotiate or expire.

Forgive always. Forgive everything. Forgive completely, continuously, and unconditionally. Forgive radically, intensely, and without qualification. Forgive God. Forgive the universe. Forgive malicious fate and misfortune. Forgive your parents, family, and teachers. Forgive everyone who ever harmed, neglected, or hurt you. Forgive society. Forgive society's leaders. Forgive those who are cruel, ignorant, foolish, and stupid. Forgive thoughtless and rude people. Forgive traitors and bullies. Forgive beauty. Forgive ugliness. Forgive achievement and sloth. Forgive gossips and liars. Forgive those you hate and envy. Forgive the prideful, the arrogant, and the narcissistic. Forgive the rich for being rich, and the poor for being poor. Forgive evil. Forgive the unforgiveable. Forgive everyone for everything, including yourself.

If you cannot or will not do this, you will never be truly free.

Acceptance

"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation -- some fact of my life -- unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake."

Accept-

...the universe: majestic, terrifying, full of grandeur and vast emptiness.

...ugliness: war, poverty, famine, disease, bitterness, fear, and anger.

...beauty: clouds, rainbows, oceans, mountains, forests, and sunsets.

...people: viscious and cruel, loving and compassionate, family, friends, and enemies.

...you: thoughts, feelings, and sensations, hopes and dreams, pain and disappointments, health, illness, guilt, joy, love lost, opportunities missed, death.

Acceptance is Serenity's anchor. There is no illusion and no disillusionment. No resistance. No fear. In acceptance, pain carries no suffering; grief, no bitterness; sadness, no despair.

Quote from Alcoholics Anonymous, 4th Ed., p 417

Daily Routine Start

Start your day with quiet time, daily readings, prayer, and your choice of meditation. Add physical movement to fit your lifestyle.

Step 1: Life is unmanageable.
God, Creative Intelligence,
Universal Mind, Spirit of Nature
or Spirit of the Universe,
I know and accept that life is
unmanageable, and I need your
help today. Amen.

Step 2: Be open to a Higher Power.
I am open to your presence today.
I am grateful for...
I am in awe of...
I look forward to...

Step 3: Rely on my Higher Power.
Help me rely on you completely.
My First 3 Things are...
and my tasks for today are...

Live Your Day:

1. Use RaDaR
2. Use prioritized To Do Lists and Reminders Lists to work on your First 3 Things and daily tasks.
3. Keep a bullet list of events, thoughts, and feelings.
4. Apply Knowledge and Wisdom to live in the best way possible.
Do the next right thing.
Make good habits, release bad habits.
5. Inner focus anytime in your day.
6. Review your implementation intentions.

Daily Routine End

End your day with quiet time, daily readings, prayer, and meditation

Step 10: Continue my inventory.
"Help me review this day honestly
and without fear, grateful for my
successes and committed to fixing my
mistakes."

Was I fearful, obsessed, resentful,
selfish, angry, dishonest, secretive?
Did I cause any harm?
Do I owe any amends?
What did I do well?
What could I do better?
What is good about today?

Step 11: Pray and meditate for
guidance. "I humbly ask for your
help and guidance, especially about..."

Step 12: Make the world better.
"Today I made the world better by:..."

Self-Rated Wellness for Today:
Job / Education / Retirement
Finances / Legal Issues
Weight / Health / Exercise / Sleep
Friend Relationships
Family Relationships
Romantic Relationships
Sex Life / Emotional Life
Communication
Spirituality
Free Time / Hobbies
Drinking / Drug Use